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### DANC 280.01: Dance Conditioning - Mat Pilates

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**DANC 280 Section 01: Dance Conditioning: Mat Pilates (1 credits)**  
**Monday/Wednesday 9:10-10:00a.m. PARTV 035**  
**Prerequisite: None**

**SPRING 2016**

The University of Montana  
School of Theatre & Dance  
Office Hours: By appointment only

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**Course Description**

This course is designed to introduce students kinesthetically and intellectually to the physical conditioning techniques of Joseph Pilates. Pilate's matwork exercises are used to develop strength, flexibility, stamina, coordination and mind/body awareness. Pilates emphasizes flowing movements requiring the use of multiple muscle groups simultaneously. Controlled breathing and concentration are essential, making Pilates a workout for the body and the mind. Pilate's matwork is appropriate for all levels of fitness.

**Objectives**

To discover students' individual capabilities and help them reach their physical fitness goals. Pilates utilizes six basic principals.

1. *Stabilization* – Movement is initiated from a stable source (pelvic and shoulder girdles) through opposition.
2. *Control* – Movement is initiated from its correct source. Emphasis is placed on the use of the transversus abdominis muscles vs. the rectus abdominis.
3. *Flow* – In combination with deep and relaxed breathing, the flowing movements in Pilates reduce stress on the body and the risk of injury.
4. *Concentration* – The exercises are performed with the correct mindful intent, and awareness is heightened with each movement.
5. *Breathing* – The pattern of breathing is connected with the pattern of movement. It improves circulation and helps to avoid unnecessary tension in the muscles.
6. *Full range of movement* – A joint's full range of motion will change; promoting healing and reducing the effects of chronic injuries.

**Methodology**

Classes typically begin lying on the floor using yoga or Pilate's mats. Gravity is not a consideration and is therefore not compressing the spine. Compensatory changes the body has gone through are relaxed and more prone to change. As core strength increases students will progress to seated, kneeling, plank and standing positions. Each exercise is explained and demonstrated by the instructor. Modifications for individual strengths and weaknesses are discussed and encouraged. Each student is encouraged to make small gains in strength and flexibility as their body allows.

**Attire**

Street shoes are not permitted in the dance studios. Pilate's matwork classes will be experienced with socks or bare feet. Students should plan to wear clothing suitable for movement and should take into account keeping the body warm. To rent a locker: See Theatre & Dance Department Administrative Assistant, PARTV room 199 before noon.

**Attendance/Grading**

Attendance is important in any field, but vital in this Pilates class. Learning Pilates conditioning requires that your body do it. You won't gain in flexibility, and strength watching class or reading a book. In other words, there is no way to make up the material you miss. STUDENTS ARE EXPECTED TO BE IN EVERY CLASS. However, knowing that unpredictable circumstances can arise, students are granted three absences that will not alter their grade. All students will begin the semester with an A. After using three absences your grade will lower with each subsequent absence. Three late arrivals (or leaving class early) will equal one absence.

3 absences = A, 4 = B, 5 = C, 6 = D/Credit, 7 or more = F/No Credit

Students may receive an "incomplete" (I) only if there are exceptional circumstances that have been discussed with the instructor.

PLEASE NOTE: At any point you feel further discussion would aid your development, please schedule a meeting with the instructor. Further assignments may be scheduled throughout the semester at the discretion of the instructor.

*Students with disabilities may request reasonable modifications by contacting me. The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). "Reasonable" means the University permits no fundamental alterations of academic standards or retroactive modifications. For more information, please consult <http://life.umt.edu/dss/>.*

**Academic Misconduct and the Student Conduct Code**

All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or disciplinary sanction by the University. All students need to be familiar with the Student Conduct Code. The Code is available for review online at [http://www.umt.edu/vpsa/policies/student\\_conduct.php](http://www.umt.edu/vpsa/policies/student_conduct.php).

All Theatre & Dance students must have an in-depth knowledge of the practices and procedures outlined in the School of Theatre & Dance *Student Handbook*. The *Handbook* is available online at <http://www.umt.edu/umarts/theatredance/About/handbook.php>.

There is inherent risk involved in many Theatre & Dance classes as they are very physical in nature. Please proceed through class, shop time, or rehearsal with caution. Always be mindful of your personal safety and the safety of others. Students participating in class/shop/rehearsal/performance do so at their own risk.

Due to safety considerations, at **no** point during a student's time spent in class or serving on a production (in any capacity) should non-enrolled persons be guests of that student **without my consent**. Presence of such unauthorized persons in a class, shop, or any backstage/off-stage area will negatively affect a student's grade.